

# Walk Of Life

拍数: 64      墙数: 2      级数: Improver  
编舞者: Mark Simpkin (AUS)  
音乐: Walk of Life - Dire Straits



## VINE RIGHT, VINE LEFT

- 1-4      Step right to right side, step left behind right, step right to right side, touch left beside right, (vine right)  
5-8      Step left to left side, step right behind left, step left to left side, touch right beside left, (vine left)

## CHICKEN WALK

- 1-4      Step right forward (twisting 45 degrees right), hold, step left forward (twisting 45 degrees left)  
5-8      Walk forward right, left, right, together left (the walk is done in a twisting motion)

## TWIST KICKS

- 1-3      Twisting heels right, left, right (kicking left foot at 45 degrees)  
4-6      Twisting heels left, right, left (kicking right foot at 45 degrees)  
7-8      Step/rock back right, replace weight on left

## RIGHT SIDE MAMBO, LEFT SIDE MAMBO

- 1-4      Step/rock right to right side, replace weight on left, step right beside left, hold (mambo)  
5-8      Step/rock left to left side, replace weight on right, step right beside right, hold (mambo)

Restart on 6th wall

## FORWARD RIGHT COASTER, BACK LEFT COASTER

- 1-4      Step right forward, step left together, step left back, hold (forward right coaster)  
5-8      Step left back, step right together, step left forward, hold (back left coaster)

## STEP, TURN, STEP, CLAP, STEP, TURN, STEP, CLAP

- 1-4      Step right forward, pivot half turn left (weight on left), step forward right, clap  
5-8      Step left forward, pivot half turn right (weight on right), step forward left, clap

## STEP, SCUFF, TURN, TOUCH, STEP, LOCK, STEP, HOLD

- 1-4      Step right forward, scuff left, pivot half turn right (weight on right), touch left toe back  
5-8      Step left forward, lock right behind left, step left forward, hold

## RIGHT TOE, HEEL, STEP, HOLD, LEFT TOE, HEEL, STEP, HOLD

- 1-4      Touch right toe to right side (slightly back), touch right heel to right side, step right in front of left, hold  
5-8      Touch left toe to left side (slightly back), touch left heel to left side, step left in front of right, hold

## REPEAT

## RESTART

During the 6th wall, dance the 1st 32 counts, and start again  
Choreographed for my good friends Karl and James Madden